

Spring/Summer Menu April 2024 – September 2024 for Children Aged 18months – 5 years

<u>Week 1</u>	<u>Breakfast</u> <u>Drinks: Water only</u>	<u>Snack (AM)</u> <u>Drinks: Water or</u> <u>Milk</u>	<u>Lunch</u> <u>Drinks: Water only</u>	<u>Vegetarian</u> <u>Drinks: Water only</u>	<u>Snack (PM)</u> <u>Drinks: Water or</u> <u>Milk</u>	<u>Tea</u> <u>Drinks: Water only</u>
<u>Monday</u> <u>Veg Day</u>	A selection of cereals	Breadsticks With cauliflower and cumin dip	Mix Vegetable & Pearl Barley Macaroni pasta bake Melon and Pineapple	Mix Vegetable & Pearl Barley Macaroni pasta bake Melon and Pineapple	Apples	Homemade Pizza with hideaway vegetables with carrots & Cucumber Sticks Greek Yoghurt and Honey
<u>Tuesday</u>	A selection of cereals and toast	Carrot Sticks and Houmous	Homemade Turkey Meatballs with Jewelled Cous Cous Summer Berry Medley	Homemade Soya Meatballs with Jewelled Cous Cous Summer Berry Medley	Crumpets with spread	Sausage/Veg Rolls served with Cherry Tomatoes & seasoned Potato Wedges Sugar free & vegan Jelly
<u>Wednesday</u> <u>Veg Day</u>	A selection of cereals	Oatcakes and Cream Cheese	Creamy Chickpea, Spinach & lentil Curry with naan bread/Rotis Sunshine Peach Muffins	Creamy Chickpea, Spinach & lentil Curry with naan bread/Rotis Sunshine Peach Muffins	Orange segments & blueberries	Jacket Potatoes with beans and cheese Yoghurt Pots
<u>Thursday</u>	A selection of cereals and fruit	Watermelon Fingers	Homemade sweet potato topped Sheppard's Pie Banana loaf	Homemade sweet potato topped Lentil Pie Banana loaf	Pitta Fingers and Mashed Avocado	Homemade Tomato and Vegetable Orzo Pasta Summer fruit kebabs
<u>Friday</u>	A selection of cereals	Crackers with spread	Creamy Paprika Chicken and Vegetables on Rice Frozen Raspberry Yoghurt Ice Lollies	Baked Lentils and Vegetables on Rice Frozen Raspberry Yoghurt Ice Lollies	Pear and Apple Slices	Ham, Egg, Chicken/vegetable wraps s/w Cheese Slices and Cherry tomatoes Seasonal fruit

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<u>Week 2</u>	<u>Breakfast Drinks: Water only</u>	<u>Snack (AM) Drinks: Water or Milk</u>	<u>Lunch Drinks: Water only</u>	<u>Vegetarian Drinks: Water only</u>	<u>Snack (PM) Drinks: Water or Milk</u>	<u>Tea Drinks: Water only</u>
<u>Monday</u> <u>Veg Day</u>	A selection of cereals and toast	Digestive Biscuits	Tomato Mixed Vegetable Wholewheat Pasta Bake Seasonal Mixed Fruit Salad	Tomato Mixed Vegetable Wholewheat Pasta Bake Seasonal Mixed Fruit Salad	Cucumber Sticks and Spinach and basil dip	Vegetable rice salad Yogurt pots
<u>Tuesday</u>	A selection of cereals	Apple and Pear Slices	Fish Fingers, Mashed Potatoes & baked beans s/w Peas & Sweetcorn Berry mousse	Vegetable Fingers, Mashed Potatoes & baked beans s/w Peas & Sweetcorn Berry mousse	Cracker Bread and Humous	Assorted sandwiches with peppers Melon & Pineapple Slices
<u>Wednesday</u>	A selection of cereals	Breadsticks With Tzatziki	Homemade Beef Lasagne with Garlic Bread and Peas Homemade lemon biscuits	Homemade Roasted Mediterranean veg Lasagne with Garlic Bread and Peas Homemade lemon biscuits	Melon Fingers	Jacket Potatoes with bean chilli and cheese Fruit
<u>Thursday</u> <u>Veg Day</u>	A selection of cereals and Fruit	Banana	Homemade Mushroom & Mixed Vegetable Risotto Mixed fruit	Homemade Mushroom & Mixed Vegetable Risotto Mixed fruit	Cheese biscuits	Homemade Cheese Straws served with Potato salad and Carrot Sticks. Poached pear Crumble with Ice Cream
<u>Friday</u>	A selection of cereals	Crackers with Cheese Slices	Home made chickpea & mushroom naked burgers, with herbed roast potatoes & mixed veg Sweet potato brownies	Home made chickpea & mushroom naked burgers, with herbed roast potatoes & mixed veg Sweet potato brownies	Orange Segments	Chicken/Vegetable Fajitas with cucumber and Courgette batons Mixed Fruit pieces

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<u>Week 3</u>	<u>Breakfast</u> <u>Drinks: Water only</u>	<u>Snack (AM)</u> <u>Drinks: Water or Milk</u>	<u>Lunch</u> <u>Drinks: Water only</u>	<u>Vegetarian</u> <u>Drinks: Water only</u>	<u>Snack (PM)</u> <u>Drinks: Water or Milk</u>	<u>Tea</u> <u>Drinks: Water only</u>
<u>Monday</u>	A selection of cereals	Apple slices	Fish & Mixed Vegetable Stir Fry with Noodles Vanilla Shortbread Biscuit	Tofu & Mixed Vegetable Stir Fry with Noodles Vanilla Shortbread Biscuit	Cheese Biscuits	Egg, Tuna/ Veg & Cheese Rolls served with Cucumber Sticks Bananas
<u>Tuesday</u> <u>Veg Day</u>	A selection of cereals and fruit	Carrot & pepper sticks	Homemade Meat Free Bolognaise with Rice and Garlic Bread Fresh Fruit Salad	Homemade Meat Free Bolognaise with Rice and Garlic Bread Fresh Fruit Salad	Homemade Salsa served with Melba Toasts	Cheese & roasted red pepper Pinwheels served with Chopped Cherry Tomatoes and Cucumber Sticks. Oat and Pear Crumble
<u>Wednesday</u>	A selection of cereals	Fruit Loaf Slices	Homemade Roast Pork, Roast Potatoes, served with Yorkshire puddings and Fresh Seasonal Greek Yoghurt and Honey	Quorn, Roast Potatoes, Yorkshire Pudding and Fresh Seasonal Vegetables Greek Yoghurt and Honey	Seasonal fruit	Tomato and Mixed Vegetable Wholemeal Pasta bake Fruit Salad
<u>Thursday</u> <u>Veg Day</u>	A selection of cereals and Toast	Pineapple fingers	Homemade Cauliflower and Broccoli cheese pasta bake with mixed vegetable Fruit pieces	Homemade Cauliflower and Broccoli cheese pasta bake with mixed vegetable Fruit pieces	Oat Cakes and humous	Falafel Pittas with Yoghurt Dip and Cherry Tomatoes Blueberry sponge
<u>Friday</u>	A selection of cereals	Pitta Fingers & Tzatziki	Homemade Turkey and Vegetable Curry served with Wholemeal Rice Very Berry Smoothie Bowl	Homemade Lentil and Vegetable Curry served with Wholemeal Rice Very Berry Smoothie Bowl	Melon	Coronation Chicken/Quorn Salad with toast fingers Fruit